

GOOD GRIEF TEENS

for Bereaved High School Students



Good Grief Teens is a support group created by and for bereaved high school students, ages 14-18. Teens who have experienced a significant loss are welcomed to a safe place to process their loss with peers who understand what they are going through. Grief support and care are provided by trained professionals who understand the trauma and immense suffering teens may experience after such a loss.

"This group helped me realize that I wasn't the only one going through this and it helped me cope with the loss."

~17-year-old male

Each session encourages young adults to process and express their grief however they feel most comfortable. Sessions alternate between on-site activities such as collage, writing or yoga and off-site adventures such as hiking, rock-climbing or exploring grief in a film.

- For teens that have experienced a significant loss
- All services are **FREE**, there is no cost to participate
- Pre-registration is required
- Sessions meet monthly from September to June

The Good Grief Program was founded in 1988 by Home Health & Hospice Care, a non-profit organization who is honored to have Friends of Aine continue this meaningful work.



Teens
GOOD GRIEF

For more information or to register, please contact the Good Grief Coordinator at Friends of Aine 603-668-1207 or goodgrief@friendsofaine.com
www.friendsofaine.com